

# MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS

## Make a PACT for Prevention

### PLAN AHEAD



Get as healthy as you can before you get pregnant



Get 400 micrograms (mcg) of folic acid every day



### AVOID HARMFUL SUBSTANCES



Avoid smoking



Avoid drinking alcohol



Be careful with harmful exposures at work and home



### CHOOSE A HEALTHY LIFESTYLE



Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins



Be physically active



Work to get medical conditions like diabetes under control



### TALK TO YOUR HEALTHCARE PROVIDER



Get a medical checkup



Discuss all medications, both prescription and over-the-counter



Talk about your family history



Making a PACT to get healthy before and during pregnancy can help you have a healthy baby.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information, please visit  
[www.cdc.gov/ncbddd/birthdefects/prevention.html](http://www.cdc.gov/ncbddd/birthdefects/prevention.html)  
and [www.cdc.gov/preconception/showyourlove](http://www.cdc.gov/preconception/showyourlove)